



OKLAHOMA SPIRIT COMPANY

CLASS REFERENCE SHEET



CLASS NAME	AGES	DESCRIPTION	REQUIREMENTS
DAYTIME PLAYTIME	2 – 4 YEARS	This class is designed to encourage healthy play for boys and girls while placing a focus on development, gross motor skills, independence, and coordination.	❖ Parent/Guardian Attendance Mandatory
BUILDING BLOCKS	4 – 5 YEARS	This is a softly structured class where participants will learn the building blocks of tumbling such as rolls, handstands, cartwheels, ect. while building the necessary muscle strength and flexibility to safely advance to the Mini Level 1 class.	❖ NO REQUIREMENTS
NINJA	6 -18 YEARS	This class is specifically designed for the rough, tough, and rowdiness that comes with being a boy! Skills and tricks taught in this class vary, but a good time is always guaranteed! Ninja girls are welcome too!	❖ NO REQUIREMENTS
LEVEL 1	6 – 18 YEARS	Tumbling basics are learned in this class. Skills taught in this class include forward/backward rolls, handstands, cartwheels, round offs, bridge kickovers, and front/back walkovers.	❖ Able to independently work at circuit style stations.
LEVEL 2	6 – 18 YEARS	This class builds on the skills learned in the Level 1 class. Skills taught in this class include front/back walkovers, back extension rolls, and front/back handsprings.	❖ Roundoff ❖ Handstand ❖ Back walkover
LEVEL 3	6 – 18 YEARS	This class builds on the skills learned in the Level 2 class. Skills taught in this class include back tucks, punch fronts, front/side aerials.	❖ Connected back handsprings
ELITE	8 + YEARS	This class builds on the skills learned in the Level 3 class. Skills taught in this class include layouts, fulls, specialty skills, ect.	❖ Roundoff back handspring tuck.
PRIME TIME	18 + YEARS	This is our time set aside specifically for ADULTS. Anyone ages 18+ wanting to enroll in classes at Oklahoma Spirit Co. is permitted to enroll in this class only. Join us for a fun approach to adult fitness and mobility. (Offered seasonally)	❖ NO REQUIREMENTS